November MIDDLE SCHOOL



Lunch Menu

ENTREES

SIDES

Monday | 8

- Traditional Hamburger w/ Mustard
- Turkev Ham & Cheese Sub Sandwich
- Garden Burger w/ Mustard
- Seasoned Potato Wedges
- Chilled **Pineapples Tidbits**
- Nonfat or 1% White Milk

= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Tuesday | 9



- BBQ Chicken Drumstick w/ Dinner Roll
 - Whole Grain Cheese Lasagna Rollup w/ Dinner Roll
- Sunbutter & Jelly Sandwich
- **BBQ** Baked Beans
- Mandarin Oranges
- Nonfat or 1% White Milk

Wednesday | 10

- Jamaican Jerk Chicken Bowl w/ Brown Rice
- Veggie Fried Rice w/ Baked tofu
- Chicken Salad Sandwich
- Seasoned Green Beans Fresh Apple Nonfat or 1% White Milk

Thursday | 11 NO SCHOOL

Friday | 12

- Turkey Sausage Pizza
- Italian Sub Sandwich
- Classic Cheese Pizza
- Seasoned Carrot Coins
- All-Mixed-Up Fruit Cup
- Nonfat or 1% White Milk

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10 Fall Harvest/Holiday

Meal11/23

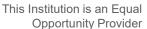
International food day

Chickpea and Potato Curry

Open Meal Sites

Ballou High School Columbia Heights **Education Campus**

This menu is subject to change based upon availability









ENTREES SIDES

Monday | 15

- Chicken Quesadilla w/
- Cheese Quesadilla w/ Salsa
- Southwest Chicken Sandwich
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or Tortellini and Meat sauce • Parmesan Green Tuesday | 16 1% hormone-free milk w/ Cheesy Breadstick Beans

- Veggie Tortellini w/ Cheesy Breadstick
 - Veggie Tortellini Pasta Salad w/ Cheesy Breadstick
- Milk
- provided at every meal Fresh Apple Slices Nonfat or 1% White

Wednesday | 17

- Mumbo Chicken Drumstick w/ Whole Grain Honey Corn **Biscuit**
- Chilly Philly Sub Sandwich
- Bean & Cheese Burrito
- Steamed Broccoli
- Fresh Orange
- Nonfat or 1% White Milk

Thursday | 18

- Turkey Meatball Sub Sandwich
- Grilled Cheese Sandwich
 - Greek Salad w/ Tortilla Chips
- Sweet Potato Wedges
- Diced Peaches
- Nonfat or 1% White Milk

Friday | 19

- Turkey Ham & Cheese Tacos
- Tuna Salad Sandwich
 - Black Bean Tacos
- Steamed Corn
- Fresh Banana
- Nonfat or 1% White Milk

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday **Meal**11/23

International food day 11/9

Chickpea and Potato Curry

Open Meal Sites

Ballou High School Columbia Heights **Education Campus**

> This menu is subject to change based upon availability





Monday | 22

- Traditional Hamburger w/ Mustard
 - Garden Burger w/ Mustard

ENTREES

 Turkey Ham & Cheese Sub Sandwich

- Seasoned Potato Wedges
- Chilled Pineapples
 Tidbits
- Nonfat or 1% White Milk

SIDES



= Vegetarian



= Vegan



= Locally Sourced

Tuesday | 23

- Roasted Turkey
 Breast w/ Gravy
 Stuffed Shells w/
 - Marinara Sauce & Breadsticks
- Seasoned Green Beans
- Baked Sweet Potato Wedges
- Pumpkin Spice Bread
- Fresh Oranges
- Nonfat or 1% White Milk

Student's choice of skim or 1% hormone-free milk provided at every meal

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal11/23

International food day

11/9

Chickpea and Potato Curry

Friday | 26 NO SCHOOL

Open Meal Sites

Ballou High School Columbia Heights Education Campus

This menu is subject to change based upon availability

Follow (Is!

November MIDDLE SCHOOL



Lunch Menu

ENTREES	SIDES

Monday | 29

Chicken Quesadilla • w/ Salsa Cheese Quesadilla w/ Salsa

- Southwest Chicken Sandwich
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 30

- Tortellini and Meat sauce w/ Cheesy Breadstick
- Vegaie Tortellini w/ Cheesy Breadstick
- Vegaie Tortellini Pasta Salad w/ Cheesy **Breadstick**
- Parmesan Green Beans
 - Fresh Apple Slices Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

DECEMBER

Wednesday |

- Mumbo Chicken Drumstick w/ Whole • Grain Honey Corn Biscuit
- Bean & Cheese Burrito
- Chilly Philly Sub Sandwich
- Steamed Broccoli
- Fresh Orange
- Nonfat or 1% White Milk

DECEMBER

Thursday | 2

- Turkey Meatball Sub Sandwich
- Grilled Cheese Sandwich
- Greek Salad w/ Tortilla Chips
- **Sweet Potato** Wedaes
- Diced Peaches
- Nonfat or 1% White Milk

DECEMBER

Friday | 3

- Turkey Ham & Cheese Tacos
- Black Bean Tacos Tuna Salad
 - Sandwich
- Steamed Corn
- Fresh Banana
- Nonfat or 1% White Milk

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10 Fall Harvest/Holiday

Meal11/23

International food day

Chickpea and Potato Curry

Open Meal Sites

Ballou High School Columbia Heights **Education Campus**

This menu is subject to change based upon availability

